

# Stretching Program

## Purpose of Stretching:

- Reduce muscle tension & soreness
- Improve circulation to muscles
- Improve mental alertness & performance
- Decrease the risk of injury
- Improve posture
- Reduce anxiety, stress & fatigue



## Guidelines:

- Perform these stretches a few times per day or after you have been in one position for greater than 30 minutes.
- Hold each stretch 5 seconds. Perform 3-5 repetitions of each stretch on both side.
- Stretch only to the point of mild tension. DO NOT overstretch.
- Hold the position of stretch gently; DO NOT bounce.
- Stop if you feel discomfort. There should be no pain.
- Breath normally and relax when stretching.
- Be cautious with these stretches if you have an injury or any type of recurring soreness. These stretches are not intended to cure serious injuries or problems.



**Neck Rotation**  
Gently turn head to look over your shoulder.



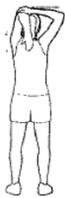
**Neck Sidebend**  
Gently bring your ear towards your shoulder.



**Shoulder Shrugs**  
Raise your shoulders gently towards your ears with your arms relaxed at your sides.



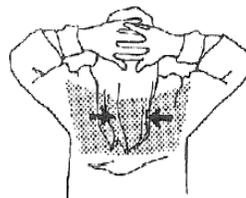
**Overhead Stretch**  
Stand or sit tall. Gently reach your hands over your head toward the ceiling.



**Tricep Stretch**  
Place hand between shoulder blades. Place opposite hand on elbow. Gently pull elbow downwards.



**Shoulder Stretch**  
Place your hand on opposite elbow. Gently pull elbow across your body.



**Chest Stretch**  
Clasp your hands behind your head. Gently spread your elbows out. Do not pull your head forward.



**Back Extension**  
Place your hands in the small of your back with your thumbs pointing forward. Gently bend backward.

***“An ounce of prevention is worth more than a pound of cure”***